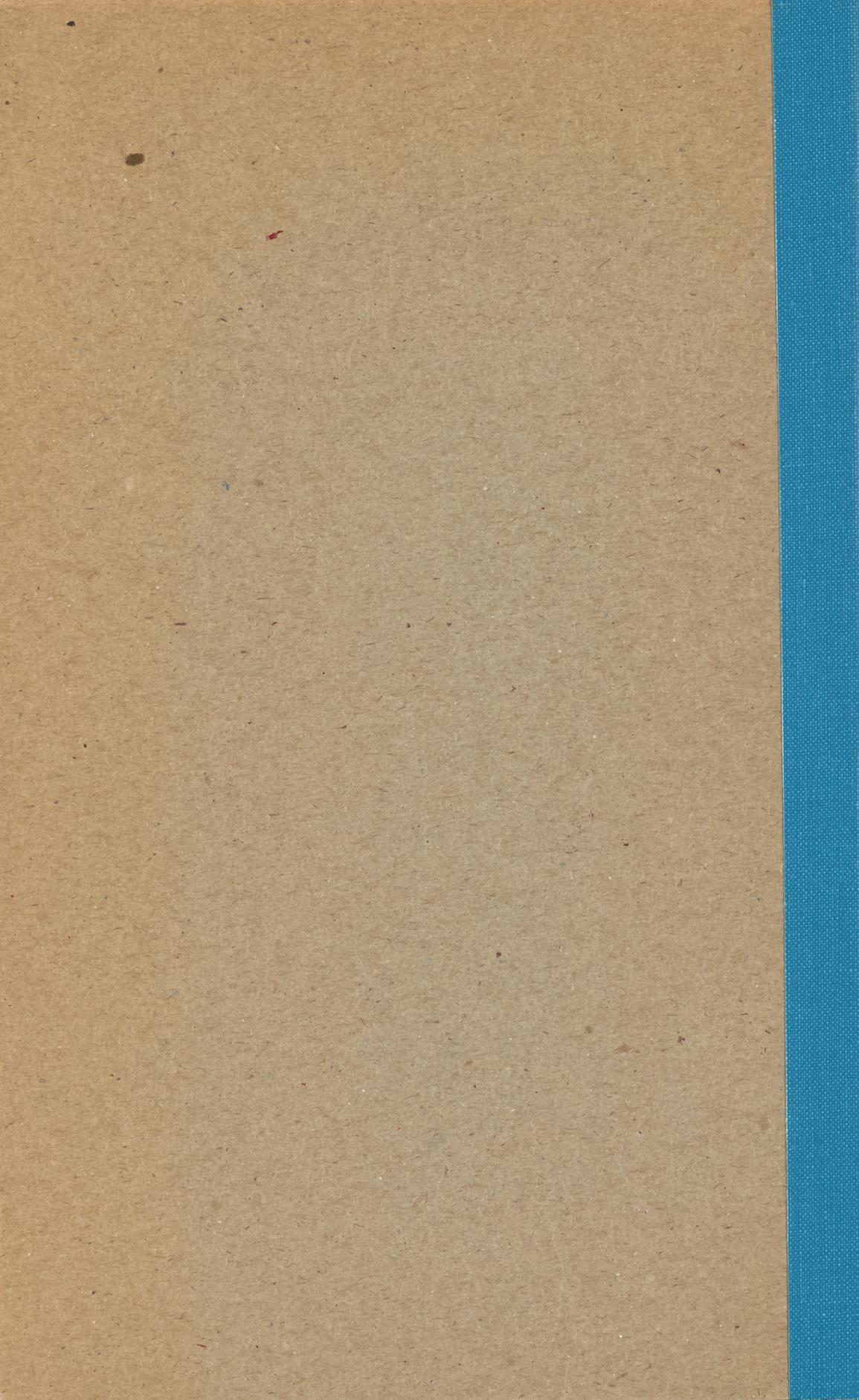


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**Seventh
Annual**



Progress Report

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**THE ALCOHOLISM
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The Foundation operates as a completely separate entity from Alcoholics Anonymous, but it works to achieve results conjunctively with this fellowship.

Detailed information on Foundation activities, services and supplementary reports are available in other Foundation publications.

THE ALCOHOLISM FOUNDATION OF ALBERTA

Provincial Administrative Offices
9910 - 103rd Street
Edmonton

TREATMENT CENTRES

CALGARY
737 - 13th Avenue, S.W.
AMherst 9-6101

EDMONTON
9910 - 103rd Street
GA 4-7161

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PRESIDENTS REPORT

The Alcoholism Foundation of Alberta was founded in 1953 a building was acquired for the Foundation in which a nucleus of staff was hired and the Foundation was opened.

At this present time the Foundation has developed and grown until now it is running two treatment clinics in Edmonton and Calgary, and

Mr. D. S. MacDonald, President, The Alcoholism Foundation of Alberta, Edmonton, Alberta.

Mr. D. S. MacDonald, President, The Alcoholism Foundation of Alberta, Edmonton, Alberta.

It is my privilege to present this, the Seventh Annual

Progress Report on the activities of The Alcoholism Foundation

in 1960 to the Membership and Board of the Foundation.

This report reviews the services of the Foundation for

the calendar year January 1, 1960 through December 31, 1960.

The main burden of the Foundation's operations is carried by the Provincial Government.

As needed and as the development of the Foundation has dictated, financial support has also been provided by the oil industry,

and Calgary and Edmonton foundations.

These foundations have contributed a large portion of our income,

providing the Foundation with the necessary funds for its general educational and

research work.

May 1, 1961

Respectfully submitted,

J. George Strachan,
Executive Director.

Treatment

In 1960 significant gains in the patient intake occurred, and the recovery trends remained high. Treatment facilities were extended to centres outside of Edmonton and Calgary, and good use has been made of regular Consultation Clinics in Grande Prairie, Lethbridge and Medicine Hat.

Changes in administration have been made in the Treatment Department. Dr. David M. Bell has been appointed Director of Treatment with Mr. A. W. Fraser, Associate Director. Part-time clinical physicians have been appointed for the Edmonton and Calgary clinics.

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OF ALBERTA

PRESIDENT'S REPORT

The Alcoholism Foundation of Alberta was founded in 1951, and in 1953 a building was acquired for the Foundation in Edmonton, a nucleus of staff was hired and the Foundation was opened.

Since that time the Foundation has developed and grown until now it is supporting two permanent clinics, in Edmonton and Calgary, and providing regular services to other main centres in Alberta. In the nearly eight years of its operation the Foundation has seen 4,000 patients, many of whom have been assisted to a satisfying life without alcohol; over 50,000 people have received talks, seminars and instruction about alcohol and alcoholism; and research studies have been conducted to provide information about alcohol and alcoholism and to guide the Foundation's activities. When the Foundation opened in 1953, staff numbered four. Now more than forty staff members are working in our clinics, providing competent treatment for the growing patient intake, educational services for the increasing demands for advice and information, and research for those studies necessary for an understanding of alcoholism.

The main burden of financing this development has fallen on the Provincial Government who have seen fit to increase our grant as needed and as the development of the program proceeded. Financial support has also been provided in grants from the cities of Edmonton and Calgary and in donations from associations, business and industry, and private citizens. These latter are an important part of our income, providing the support necessary for some essential educational and research activities.

Treatment

In 1960 a significant rise in the patient intake occurred, and the recovery trends remained high. Treatment facilities were extended to centres outside of Edmonton and Calgary, and good use has been made of regular Consultation Clinics in Grande Prairie, Lethbridge and Medicine Hat.

Changes in administration have been made in the Treatment Department. Dr. David M. Bell has been appointed Director of Treatment with Mr. A. W. Fraser, Associate Director. Part-time clinical physicians have been appointed for the Edmonton and Calgary clinics.

Education

The Educational Department had an active year, reaching more people in the Province than ever before. Seminars, Institutes, and Workshops have been conducted for many professional groups and talks have been given to a large number of adult and youth organizations in the province.

In Grande Prairie, Lethbridge, Medicine Hat, and Peace River, educational activities, planned at regular meetings of the Advisory Committees, have included seminars for professional groups and talks to many other organizations. The lively interest manifested in each of these communities attests to the need which the community services are attempting to meet.

Research

In 1960, due to the shortage of space in the Edmonton centre, the Research Department was moved, temporarily, to new accommodation a short distance from the Centre. The move has facilitated the growth and more effective operation of all Departments. A number of small studies were completed in 1960 and several studies begun in previous years were continued.

Board Changes

The following Board Members, whose terms expired in 1960, indicated their wish to retire: Dr. John W. Scott, Edmonton; Rev. G. B. Switzer, Calgary; and Mr. Vernon Taylor, Toronto.

The following were elected to the Board for a three year term: The Hon. Norman A. Willmore, Edmonton; Magistrate R. E. Baynes, Grande Prairie; Mr. Murray E. Stewart, Edmonton; Dr. Walter C. MacKenzie, Edmonton; Dr. S. B. Thorson, Calgary.

Appreciation

As President, I wish to thank most sincerely the retiring, continuing, and new Board Members, the Advisory Committee members, and the Community Advisory Committee Members for their devoted service to the Foundation. On their behalf I also wish to recognize, commend, and thank the Executive Director and all members of his staff for the tremendous amount of effort they put forth in their work.

The Foundation also wishes to mark its deep appreciation for the work done in this field by other agencies and Alcoholics Anonymous.

Finally, on behalf of the Foundation, I wish to thank the Premier, the Hon. E. C. Manning, The Minister of Health, The Hon. Dr. J. Donovan Ross, and the other members of the cabinet and legislature for their continuing interest, co-operation and support.

D. S. Macdonald

EXECUTIVE DIRECTOR'S REPORT

A few weeks ago an interim report of the year's activities was prepared and circulated to the Foundation Board members. In addition, departmental activities are reported in detail in later pages of this report. For this reason, it would seem to me best if the Executive Director's report should indicate the collective thinking and planning of your Executive Director and the other members of the Co-ordinating Committee and to touch upon matters not covered in the departmental reports.

It is with a great deal of satisfaction that I can now say that, to a very large extent, we have resolved our problems of key staff. We can face the demands of the next few years with greater confidence and assurance now that we have the personnel who can provide direction in all our activities. This direction is channeled through a Co-ordinating Committee of Department Heads. The quality of the members of the Committee is shown not only by their work in the Foundation, but also by their activity outside of the Foundation. Some teach at the University, others participate in many varied interests and community services.

Education, Treatment and Research. These are still the three broad avenues of our program through which we must continue to increase that awareness, knowledge, and understanding.

EDUCATION

As you will read in the Educational Services Report, we are continually broadening our services. Our educational program is now providing direction and guidance to the other professional persons and agencies, in addition to giving counsel and information to those more intimately concerned with alcoholism - the husbands, wives, parents, children, friends, colleagues, and employers of alcoholics. Quite frankly, the demands are greater than we can fill. But, as we are training more persons from the professions and the various health and welfare agencies to fulfill these requests and needs, it is our hope that eventually adequate services will become available to every community of our Province.

Our first and most important responsibility is to the patient. We realize, however, that we are at present, but decreasing the increase of alcoholism in our Province. More education and more effective

education are necessary to keep on improving public attitudes and to help more alcoholics to seek and accept help. It is our experience that as our educational activities increase so do the demands on treatment.

As we expand our "Community Services" in new communities, such as Grande Prairie, Lethbridge, Medicine Hat, and Peace River, we are receiving the wholehearted co-operation of Advisory Committees and a growing number of other citizens. This co-operation and the expressed need for more knowledge about alcoholism is very stimulating to our efforts.

TREATMENT

The number of patients seen at Foundation clinics continues to rise and the recovery trends remain consistently high. This growing demand on the services of the treatment department is limited only by the staff and facilities available. We are the first to recognize that there is much more we should do and eventually will do. We are trying to attract and train workers in this field for our own growing needs. We are also engaged in educating professional persons and agency workers. More doctors are learning to deal with alcoholics, an increasing number of clergymen are playing a more direct role, and more agency workers are approaching the problems of the alcoholic and his family more sympathetically and effectively.

We are continuing to provide training for medical students, doctors and internes from the hospitals, and nurses' and nursing aides' groups. The expanding number of these and other groups meeting at the Foundation warrants consideration for separate treatment space for the privacy and well-being of patients coming to the clinic.

RESEARCH

Since the establishment of the Foundation almost eight years ago, we have seen a dramatic change in the general attitudes toward alcoholism. It took many years for alcoholism to make the transition from being a moral disgrace to a 'respectable' illness and in these few years it has again undergone the change from being 'respectable' to being, even, popular. This change in attitude is the result of education and successful treatment. This is not difficult to understand and obviously, we need more of each. But why research?

First of all, we need to know more about alcoholism problems in Alberta. We need to be able to answer the questions which an

increasing number of people are asking. To guide our own programming, we need to know more about the nature and the location of the various kinds of alcoholism and associated problems.

Research studies also help us to assess our own work and to improve our own methods -- both of treatment and education.

But the most basic reason for research is the blunt fact that no health problem has ever been reduced without research. Treatment alone has never done it. Even treatment and education together cannot do it. Only as research into the causes of the problem and into the methods of treatment produce new light, can there be a long-run hope of really reducing the problem. This is as true of alcoholism as of any other major health problem. And it is my conviction that a full view of our responsibility to alcoholics, to the people of Alberta, and the ultimate goal of prevention, requires us to do our part to improve the understanding and treatment of alcoholism.

FOUNDATION NEEDS

Space - Our major requirement now is for adequate physical space. The increasing demand for treatment services indicates that it would be well to consider separate and additional space in Edmonton for the treatment clinic. From the patients' point of view, the other department and administrative activities in and about the treatment department are undesirable. Your Director feels that this is a vital requirement.

Personnel - We are seeking treatment workers for our clinics to cope with the increasing demands on our treatment services. To complete the educational personnel, we need an educational specialist to be responsible for the increased activities in that department.

PERSONNEL

Dr. E. M. Jellinek

The services of Dr. Jellinek made possible a high calibre of guidance and direction to staff of all departments. The presence of this "Dean of Alcoholism Studies" on our staff has been very stimulating. Dr. Jellinek left at the first of the year to work with the Ontario Research Foundation for a period of fifteen months. He will assist with several national and international projects in which your Director, as well as Mr. H. David Archibald, Executive Director of the Ontario Foundation, have been involved.

Dr. David M. Bell

The appointment of Dr. David M. Bell to the position of Medical Director and Director of Treatment Services has been a most fruitful one. It has enabled us to further our agency and professional contacts, to extend our services and to establish a closer working rapport with doctors, the hospitals, the University medical school, and to gain further consideration in such matters as insurance coverage for the treatment of alcoholism.

Dr. George Elliott

With Dr. Bell's transfer to his new role, it was necessary to acquire the services of a clinical physician for the Edmonton clinic. Dr. Elliott, an internist who teaches at the University and who is active as a consultant on the staff of several hospitals in Edmonton, is well suited to the role of clinical physician. His addition to the staff has been most satisfactory in every way.

Dr. Milton A. Maxwell

At the last Annual Meeting, the appointment of Dr. Milton A. Maxwell was announced. Dr. Maxwell left his position as Professor of Sociology at Washington State University in Pullman, Washington, last September when he and his family moved to Edmonton. During the summer he had lectured and conducted the Industry Seminar at the Yale School of Alcohol Studies.

Dr. Maxwell's long experience and wide interest in this field well fit him for the position of Director of Programming.

Dr. Maxwell serves as the Secretary of our Co-ordinating Committee, with myself as Chairman, and has the responsibility of working with each department to plan, correlate and integrate Foundation activities. Dr. Maxwell has already made a most significant contribution to our community services, staff development, and to the whole Foundation.

Mr. R. W. Jones

Since our last report, Mr. Jones has been made Director of Research. With a staff of full and part-time personnel now established under his direction, we are finally enabled to pursue our research obligations in a way we had not been able to do before.

Other Personnel

You will be pleased to learn that Miss Doreen Stith, who was for many years Secretary to the Executive Director, has returned from her extended leave and will serve as the Foundation "Administrative Secretary." Her many years of experience with the Foundation as an original employee fit her well for these duties.

Other new staff members are: The Drs. C.B. & R.E. Hatfield, Clinical Physicians in the Calgary clinic; Mr. George McLellan, Mr. W. H. McKay, and Mr. G. Hobson, Counsellors, Edmonton; Mrs. Phyllis Downing and Miss Winnifred Ward, Nurses at the Edmonton and Calgary clinics respectively; Mr. Merne Dale, Information Officer, Calgary; Miss Verna Shupenia, Research Assistant, Edmonton; Miss Lois Reimer and Miss Albina Rywak, Secretaries, Edmonton.

Resignations from the Foundation during the year were: Miss Bryna Mickelson, Receptionist at the Edmonton Centre for four years; Mr. R. T. Dorris and Mrs. W. M. Aldridge, Counsellors, Edmonton; Miss Lois Odell, Nurse, Edmonton; and Mrs. M. J. McNeely, Secretary, Edmonton.

UNITED COMMUNITY FUND

In 1960, a Greater Edmonton United Community Fund was established. The Foundation was approached for membership. After full discussion, the Board decided that the Foundation should apply for membership for at least a trial period. The Foundation's application was warmly received.

This move has postponed the planned general membership activity. With this now resolved, plans are underway to attract a growing membership to the Foundation.

The original Foundation Bylaws and their subsequent amendments have been reviewed and studied. In order more easily to expedite Foundation programming, a suggested basis for these bylaws has been prepared and distributed to the Board for approval.

ACKNOWLEDGMENTS

I would like to thank the Executive and Advisory Committees for their interest, advice, and wholehearted support of the Foundation's program. The Executive Committee has regularly met with the Executive Director to plan and expedite our developments.

We would have achieved little of our success without the co-operation and generous support of the provincial government. I extend the gratitude of all of us to the Premier, the Cabinet and all the members of the Legislature.

Finally, my thanks to the staff of the Foundation for their loyal and competent service to the Foundation.

In closing, I would like to repeat my satisfaction with the quality of our staff. Together we are undertaking the careful planning and co-ordination of our treatment, education, and research activities. In this way I believe we can make important contributions not only in Alberta, but in Canada and the total field.

J. George Strachan

TREATMENT ACTIVITIES

In the past year there have been changes in administration. The Department of Treatment now includes both medical services and counselling services. The Associate Director of Medical Services is now the Director of Treatment with a Deputy Director who was previously Associate Director, Treatment Services. These positions are Provincial in scope. Each center, Calgary and Edmonton, has a part-time clinical physician and a full-time Supervisor of counselling services.

MEDICAL ACTIVITIES

Dr. George Elliott has joined the Edmonton staff as Clinic Physician.

The nursing personnel has changed in each center and we are very fortunate in having obtained such excellent replacements in the persons of Miss Ward, Calgary, and Mrs. Downing, Edmonton.

There would seem to be definite improvement in the integration of the Medical Services into the total treatment program. The greater activity of Medical Services is reflected in the increased number of individual patients dealt with by the nurses and doctors (766 in 1960, 629 in 1959). The doctors carried out 432 interviews with patients and the nurses 1222. The type of cases seen and the type of treatment provided remains essentially unchanged.

The short course in Alcoholism presented to the fourth year medical students was very well received and is to be continued. Further indoctrination of medical personnel in the field of alcoholism has been initiated this year at the Foundation offices. This program has been started with internes from the Misericordia Hospital and it is hoped that other hospital internes will soon be included.

COUNSELLING ACTIVITIES

A total of 169 patients were in active treatment at the two major clinics in Edmonton and Calgary at the beginning of the year. During the year, services were extended to 563 new patients and to 178 former patients who returned for further treatment. In addition to those treated at the Edmonton and Calgary clinics, 40 patients received treatment services at the consultation clinics which were opened during the year in Lethbridge, Medicine Hat and Grande

Prairie.

Although the number of new and reactivated patients is relatively the same in 1960 as in the three previous years, the total number of counselling interviews conducted at the major clinics has increased considerably (from 5,819 in 1959 to 6,837 in 1960), indicating that patients on the whole are remaining longer in the treatment setting. About 1,100 of these interviews were with family members, usually the spouse, and 270 interviews were with others such as the patient's employer, minister and friends. An additional 166 interviews were conducted at the outlying consultation clinics.

GROUP THERAPY

330 group therapy sessions were conducted in 1960. This is approximately the same number as in previous years. The group sessions were well attended by both patients and their wives or husbands. Late in 1960 a group therapy session, held fortnightly, was started in Lacombe to provide a regular treatment service for patients and ex-patients in the Central part of the province who find it difficult to continue to attend the clinics in the major centers.

CONSULTATION CLINICS

In conjunction with community organization projects conducted in Lethbridge, Medicine Hat and Grande Prairie, consultation clinics have been opened in these cities. The consultation clinics are held on regularly scheduled days either once or twice a month depending on the requirements of the district concerned. Appointments by patients and others are made in advance through the office of the local health unit and the interviews are held in municipal hospital offices. Local co-operation and response are being used with increasing frequency by the communities involved.

RECOVERY TRENDS

The criteria used for classification of patients and for evaluation of their response to treatment has been cited in previous reports (see Fourth Annual Report and the Five Year Review).

The proportion of patients responding favorably to treatment (55% 'recovery indicated,' which includes the gradations of Very Good, Progressive, and Partial recovery) has remained quite stable during the past four years. This tends to confirm the belief that, barring a significant change in the amenability of new patients to treatment, or

a change in the services offered, the program assists approximately one third of all cases to achieve recovery, a further one third show measurable improvement and one third remain unimproved. This conservative estimate of program efficacy is indicative of a sound and valuable community service, but continued efforts are being made to reach more patients with even more effective forms of therapy.

PATIENT CHARACTERISTICS

A comparison of data compiled during 1960 with that obtained in previous years reveals that patient characteristics are substantially similar from 1956 to date. In the early period of our operation (1953 - 55) the proportion of women seeking treatment was relatively small, the incidence of marital deterioration, unemployment and transiency was high among all applicants. However, as the Foundation became recognized as a professional treatment agency, rather than a centre where immediate hangover and financial relief might be sought, the statistical picture of our case load stabilized in a manner which permits fairly reliable reports concerning the 'average' patient (1956 - 60). Each year there are minor fluctuations in patient characteristics (for instance, in 1960, only 14% of applicants were unmarried, the lowest proportion recorded in any year) but the following generalizations may be safely made. (Bracketed figures are for 1960 if there is any significant deviation from the average).

11% of our applicants are women whose mean age is 38 years (37 years). The mean age of male applicants is 39 years. 98% of applicants are of white racial origin. Religious background is reported as 72% Protestant, 26% Catholic, and 2% other. 17% of applicants are unmarried (14%), 61% married, 20% divorced or separated (24%) and 2% are widowed. Drinking commenced, on the average, 19 years prior to intake and has constituted a problem for 8 years. Over 20% of patients are in Professional, Executive, Managerial or Supervisory positions, 23% are High Skilled, 34% semi-skilled and about 20% are unskilled; 45% are unemployed.

One quarter of our patients are referred by members of Alcoholics Anonymous, with former patients, physicians, agencies, and general publicity accounting for most other referrals.

David M. Bell, M.D.,
Medical Director

EDUCATIONAL ACTIVITIES

The year 1960 has seen a considerable increase in the volume and variety of educational work carried on by the Foundation. Seminars, Institutes and Workshops have been conducted for many groups such as nurses, social workers, clergymen, and law enforcement officers.

Talks have been given to a large number of service clubs, young people's societies and adult organizations in churches of all faiths.

CHURCH AND SOCIAL AGENCIES (Health and Welfare Agencies)

A three-day seminar was presented for workers in many related fields in Edmonton and a similar two-day seminar was held in Calgary for social workers from Medicine Hat and Lethbridge.

A large inter-faith seminar was held in Grande Prairie for clergymen of the Peace River district and an address was delivered to the Ministerial Association in Lethbridge.

Theological students at St. Joseph's Roman Catholic Seminary, St. Albert, were given a three-month course of bi-weekly evening sessions on all aspects of alcoholism, with special emphasis on the role and function of the clergyman in the rehabilitation of alcoholics.

During 1960, Foundation staff members visited and addressed twenty-four adult and young people's groups in churches of eight denominations throughout Alberta.

MEDICAL AND NURSING

A series of weekly lectures by Dr. E. M. Jellinek to fourth-year medical students featured the Foundation's educational work with the medical profession during 1960. Meetings and workshops have also been held with groups of physicians in Lethbridge and Westlock.

'Orientation Series' lectures were presented to nurses in training from all hospitals in Calgary, Edmonton, Lethbridge, and Medicine Hat, as well as the Provincial Mental Institute at Oliver and the Provincial Mental Hospital at Ponoka. Ten classes of trainees from the Edmonton School for Nursing Aides received similar instruction.

SERVICE CLUBS

Speakers on alcoholism have been greatly in demand with service clubs; our staff members have during the year addressed a total of fifteen clubs in Calgary, Edmonton, Red Deer, Lethbridge and Medicine Hat.

LAW ENFORCEMENT

The Edmonton Police Training School, early in 1960, arranged for a two-afternoon series of lectures and discussions for each of its quarterly schools for recruits as well as the semi-annual refresher course for experienced officers. This, too, is a continuing activity.

A meeting of the Provincial Probation Officers' Association was addressed on the subject of Alcoholism by Dr. Jellinek.

BUSINESS AND INDUSTRY

Discussions and meetings have been held with executive and supervisory personnel of a number of Alberta firms.

Two one-day seminars have been conducted for top level Western Executives of the Post Office at Calgary. The Sedgewick Board of Trade heard a Foundation speaker at a well-attended public meeting.

MISCELLANEOUS AND GENERAL PUBLIC

Foundation speakers addressed a large meeting of Indians at the Peigan Indian Reserve, Brocket. The Edmonton Association of Dental Nurses heard an address on Alcoholism. Local branches of the A.A.R.N. were addressed by staff members.

INDIAN AFFAIRS

Having been consulted by officials of the Indian Affairs Branch and the Indian Health Services, meetings have been held with personnel from these agencies and Foundation staff, with the hope that ways might be found to help alleviate problems arising from heavy drinking among the Indians. Meetings and institutes have been conducted at Hobbema with members of the four local bands, and progress has been made toward adoption of measures that might give some promise of improvement.

EDUCATION

As a 'pilot' or 'sampling' project, we have given lectures to groups of students in grades nine through twelve, in eleven High

Schools in Calgary, Edmonton, Bowness, Grande Prairie, Peace River, Ponoka, Lethbridge and Medicine Hat, usually by classes, occasionally to assemblies, and using several methods or techniques. A particularly effective method involved a specially-prepared questionnaire through which interest is quickly gained and consistently maintained.

At the University of Alberta ten classes of first and second year students in Education and Physical Education received specially prepared presentations on alcohol and alcoholism education.

PRESS, RADIO AND TELEVISION

Radio and TV stations have been regularly supplied with weekly spot announcements concerning our services, and with news stories from time to time. These news stories have also been sent to all newspapers in the province, as well as to a number of special-interest publications such as 'Within Our Borders' and others.

Foundation staff members have participated, by writing, editing, and/or appearing in a total of thirteen radio and TV presentations, interviews or panels.

M. A. Maxwell,
Director of Programming

RESEARCH ACTIVITIES

The past year included a number of significant events affecting the Research Department.

OFFICES

Organizational changes and staff increases resulted in a need for new office accommodation. Therefore, Research has been temporarily located a short distance from the Administrative Centre. The new offices, while perhaps inadequate for further expansion, have facilitated the growth and more effective operation of all Departments.

PERSONNEL

In October the Research staff was augmented by the services of Miss V. Shupenia, B.Ed., MA, a recent graduate in Sociology from the University of Minnesota. Miss Shupenia has been associated with the Committee for Social Research of the University of Alberta who have undertaken an investigation of Indian and Metis problems in the Lesser Slave Lake area. Her experience and skills in this field will be invaluable in developing special studies of alcohol problems among the native population.

NEW POLICY PROPOSAL

A new approach has been adopted with respect to departmental budget allocations which will assist in initiating systematic inquiry during the new year. It is expected that both intramural research and subsidized projects involving University specialists and students will be accelerated as a result of the new policy.

COMPLETED STUDIES

A number of small studies were completed during 1960. The more important of these are:

Follow-up Procedures of the Foundation: this is an examination of the procedures used by the Foundation in determining the effectiveness of its treatment program. The results will be published during the coming year.

Contributions to the Foundation: an analysis of the sources of contributions to the Foundation was made. The general conclusion is that contributions to the Foundation come from a broad range of sources mostly in relatively small sums of money. This pattern con-

forms to that common among mass, periodic, secular, operational fund raising campaigns.

Group Attendance: an examination of attendance at group therapy sessions with inconclusive results. The distributions covered such broad ranges that no conclusions could be drawn. We are now trying to design a study which will give us some clear indications about the implications of attendance at group therapy sessions.

Organizational and Service Charts: in co-operation with the other departments, organizational and service charts delineating the many activities of Foundation were completed. The basic materials were collected over a two year period and analyzed and resolved in a series of interdepartmental meetings.

CONTINUING STUDIES

Several Studies begun in previous years were continued. Among these are:

Evaluation of Services to Small Communities: the basic designs and budgets for this study have been completed. Some of the necessary preliminary sub-studies are underway and a request for funds to support the study for two and one-half years has been made. We should have definite word on the request early in 1961.

Geographic Distribution of Foundation Patients: the data collection has been completed and analysis is underway. We hope to complete the report of this study early in 1961.

Drinking Patterns in Alberta: a pilot study to determine the feasibility of a full scale project is underway. A questionnaire has been developed, pre-tested and revised. Interviewing will begin in January, 1961.

Distribution of Deaths from Cirrhosis: the design for this study has been modified and data collection is being held in abeyance pending the completion of other studies. We hope to carry out this study during 1961.

OTHER ACTIVITIES

Members of the Research Department wrote a number of articles for PROGRESS. Some of these dealt with research as such and others

were concerned with general problems of alcoholism programming.

Staff were also engaged in planning the program of the Eleventh Annual Meeting of the North American Association of Alcoholism Programs. We presented a paper to the meeting entitled, "Implications for Administrators of Recent Sociological Research."

R. W. Jones,
Director of Research

CALGARY CENTRE ACTIVITIES

The purpose of this narrative is merely to touch upon some of the past year's programming, since detailed statistical summaries of the Calgary Centre's activities are included elsewhere in this report.

In reviewing 1960 several features gain special significance evaluated in terms of their educational value to the community. Among these, mention should be made of the expanded community programming in Medicine Hat and Lethbridge, the training institute for social workers, and the television series conducted in Calgary.

While it was in the latter part of 1959 that the Community Advisory Committees in Medicine Hat and Lethbridge were formed, it was in 1960 that programming for both communities was introduced and former planning implemented through the co-operation and leadership of the Advisory Committees. Educational institutes were presented for the clergy, nurses, doctors, school students, and business and industrial firms. These, combined with extensive press, radio, and television coverage, have done much to provide better-informed professional groups and a generally more favourable climate of public opinion in matters concerning alcoholism and alcohol problems. Progress made in these areas creates a situation which permits immediate consideration for the further establishing and developing of more comprehensive services in these and other centres within the southern provincial area.

The year under review also marked the Calgary Centre's sponsorship of its first training institute for social workers. This took the form of an intensive two-day syllabus for selected workers of various agencies in the southern area. The purpose of such training was primarily to provide social workers, engaged particularly in the family and correction agencies, with the essentials desirable for initial counselling in those cases where alcoholism is recognized as a major problem.

While educational activities in all categories were expanded and intensified in the immediate Calgary area, the television series, afforded through the courtesy of CHCT-TV, represented a significant step forward in our educational program. The series began in September 1960 and has continued into the new year involving, during the year under review, ten fifteen-minute presentations. Every two weeks the

Foundation prepared a script for the program "Profile". This took the form of an interview between the Program Director and a professional person assuming different roles in presenting the problem of alcoholism. In this way, the Foundation's approaches to the problem were given acceptable expression through the assumed person of the alcoholic, the wife of the alcoholic, the alcoholic woman, personnel manager, the nurse, the pastor, and the skid row alcoholic. Interspersed with these were panel interviews involving Foundation staff. Through this medium, the Foundation was able to obtain maximum coverage of an abundance of material in a manner which engaged substantial interest as reflected through the many inquiries and patient referrals which have resulted.

Mr. J. P. Matheson,

Deputy Director

COMMUNITY SERVICES

The extension of regular education and treatment services outside of Edmonton and Calgary has been a part of the Foundation's hopes since its inception. After several years of Pilot planning and ground-work, it was finally possible to formalize these activities into what is known as "Community Services." In 1959, these services were formally initiated in Lethbridge and Medicine Hat and in 1960, in Grande Prairie and Peace River.

In each of the four centres, the Foundation works through Community Advisory Committees. These are composed of interested citizens representing diverse professional and vocational interests. Membership is usually drawn from the medical, pastoral, legal, judicial, teaching, nursing and welfare professions, as well as personnel from business and industry and the ranks of municipal government.

The services were begun in Grande Prairie and Peace River, as they had been in the other two communities, with an orientation seminar for the members of the Advisory Committee and other interested persons. The 1960 educational activities of community services in the four centres, planned at regular meetings of the Advisory Committees, have included special seminars for doctors, clergymen and welfare workers, and presentations to nurses, business and industry personnel, high school students, and A.A. groups. Press and radio coverage has also been good.

But central to the community services has been the continuation of monthly consultation clinics in Lethbridge and Medicine Hat, served by treatment personnel from the Calgary Clinic, and the establishment of a consultation clinic in Grande Prairie, served by Clinic personnel from Edmonton. In each city, the consultation clinic is held in the Municipal Hospital, and each community has a central referral and appointment centre. Good use has been made of the consultation clinics by both alcoholics and those close to alcoholics: family members, employers and others. In Lethbridge, the clinic has been extended to two days a month.

The lively interest manifested by each of the Advisory Committees, the co-operation of the newspapers and radio stations, and the increasing access to various community groups, and the response

to the consultation clinics, all attest to the need which the community services are attempting to meet. And in each city, there is a growing body of well-informed persons giving leadership to the further awareness, knowledge, and understanding of the problem of alcoholism within their communities.

Milton A. Maxwell,
Director of Programming

STATISTICAL HIGHLIGHTS

Table 1: TOTAL FILES OPENED

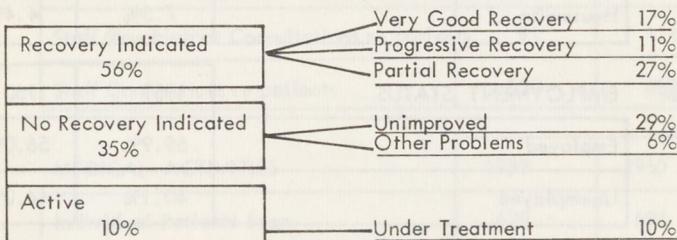
	1953-60	1960
Edmonton Centre	3,134	315
Calgary Centre	1,571	248
Other	-	39
Total	4,744	602

Table 2: TOTAL CASE FILES OPENED

	1953-60	1960
Edmonton Centre	1,047	144
Calgary Centre	600	97
Total	1,647	241

'Case Status' is assigned to patients who persist in treatment to a 'significant' extent (defined as a minimum of four individual counselling sessions). Surveys indicate that cases receive more than ten interviews and attend several group therapy meetings. Recovery trends are calculated on the basis of case status patient response to treatment. (For standards and methodology see A FIVE YEAR REVIEW.)

Table 3: RECOVERY TRENDS, INCEPTION TO DATE, EDMONTON AND CALGARY CENTRE CASES COMBINED



PATIENT DATA

Table 4: SEX

	1959	1960
Male	86.4%	89.0%
Female	13.6%	11.0%

Table 5: MEAN AGE

	1959	1960
Male	39.1 yrs.	39.3 yrs.
Female	38.3 yrs.	37.0 yrs.

The age group distribution of patients from inception to date reveal approximately:

13%	age 29 and under
43%	age 30 to 39
30%	age 40 to 49
14%	age 50 and over

Table 6: MARITAL STATUS

	1959	1960
Single	17.7%	14.4%
Married	60.3%	59.9%
Divorced/Separated	20.2%	24.1%
Widowed	1.8%	1.6%

Table 7: VOCATIONAL LEVEL (Regular)

	1959	1960
Professional	5.3%	4.2%
Exec./Man.	9.0%	11.4%
Supervisory	5.3%	7.4%
High Skilled	22.9%	23.8%
Semi-Skilled	34.0%	34.0%
Unskilled	16.0%	14.8%
Housewife	7.5%	4.4%

Table 8: EMPLOYMENT STATUS

	1959	1960
Employed	59.9%	56.0%
Unemployed	40.1%	44.0%

0.91	9.21
20.76	26.68
20.11	20.61

0.91	9.21
20.76	26.68
20.11	20.61

0.91	9.21	20.76	26.68	20.11	20.61
20.76	26.68	20.11	20.61	0.91	9.21
20.11	20.61	0.91	9.21	20.76	26.68

Table 9: SOURCE OF REFERRAL

	1959	1960
General Publicity	12.4%	17.4%
A. A.	25.4%	24.1%
A.F.A. Patient	19.0%	15.6%
Employer/Supervisor	4.7%	4.7%
Medical	15.3%	18.1%
Clergy	3.4%	4.2%
Legal	2.1%	1.3%
Agency	14.0%	11.4%
Penal	0.5%	0.7%
Other	3.2%	2.5%

Activities by Counselling and Medical staff, with and on behalf of patients are reflected in the following tables:

COUNSELLING ACTIVITIES	1959	1960
Interviews	5,819	6,837
Group Counselling Sessions	315	328
Staff/Psychiatrist Consultations re patients	91	111
Staff Conferences re patients	509	483

MEDICAL ACTIVITIES	1959	1960
Individual Patients Seen	629	694
Doctor/Patient Interviews	358	384
Patient/Nurse Interviews	851	1,100
Physical Examinations	216	315

EDUCATIONAL ACTIVITIES

	1959	1960
Public Talks	202	210
Attendance	8,744	11,011
Literature Distributed	19,980	14,279
Periodicals	22,498	28,609
Radio & TV Programs	23	12

In addition to these Radio and TV Programs, many stations across Alberta have regularly carried spot announcements on alcoholism, prepared by the Foundation.

THE ALCOHOLISM FOUNDATION OF ALBERTA

January 1, 1960 -- December 31, 1960

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THE FOUNDATION'S APPROACH TO ALCOHOLISM

1. The Foundation recognizes alcoholism as a treatable illness and as a public health problem of first magnitude, and therefore, a public responsibility.
2. The Foundation regards the alcoholic as a sick person who can be helped and who is well worth helping.
3. The Foundation's approach is professional and non-controversial. It takes the side of neither the "wets" nor the "drys".
4. The Foundation is concerned with problem drinking and primarily with the illness, alcoholism.
5. The Foundation deals with the problems of alcohol only as they are related to problem drinking.
6. The Foundation's long range goal is the prevention of problem drinking and alcoholism through its three-point program: Education, Treatment, and Research.

Date Due

● ADVISORIAL SERVICE: Information and assistance on

RE - the problems of alcoholism.

- AUDIO-VISUAL AIDS: Film, tapes, records and displays are available on loan.
- CONFERENCES & SEMINARS: On alcohol studies to create a better understanding of the problems of alcoholism and methods of dealing with those problems.

● INDIVIDUAL CONSULTATION: For personal information, advice and services.

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of Alberta.

17th, 1960

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